

RHEUMATOID NEWS

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What kind of Arthritis Did Christopher Columbus Have?



Columbus' arthritis

Reactive Arthritis

Rheumatoid Arthritis?

Columbus was completely immobilized



French artist who was a leading painter in the development of the Impressionist style

probably the first well-documented case of RA in history

Pierre-Auguste Renoir

◎ INFUSION of reg T-cell PREVENTS rheumatoid arthritis in mice:

12 feb 2013

The method worked best when the infusion of CD8 Treg cells were given at the same time that the animals were injected with ptn causing autoimmune reaction, almost complete inhibition of the disease occurred

As well as injection of CD8 Treg + MTX (low dose) were able to sig. decrease arthritis process

SALT diet helps triggering RA

March 2013

Researchers studied the effect of salty diet on activation of short glucocorticoids kinase(SGK) expression in cells causing more TH17 and more susceptible and sever form of autoimmunity

Sun rays and RA:

2 Apr 2013

Older woman who have regular exposure
to sunlight are less like to develop RA

Authors believed that due to UVR in
sunlight may protect against RA

Low testosterone level in men may indicate future RA

4Apr2013

Authors said "levels of testosterone that are low may predict a future RA (data taken from Swedish preventive medicine programme on 33,000 people

As well as men and women who suffer from RA more liable to lower level of testosterone

One of three patients of RA at high risk of repeated fall

12Apr2013

researchers explained this
phenomenon by that adults with RA
are at high risk of repeated fall due
to increased fear of injuries which
leads to sedentary life which in turn
decrease ms strength one of the
most cont. factor to fall

Fat triggers RA

13 May 2013

Researchers discovered that fat in the knee joint secretes protein called pro factor D which give rise to another protein known as factor D which is linked to autoimmunity (factor D is apart of complement system) which appear in response to bacteria, that means new medication resulting from this discovery could treat inflammatory artheritis

■ Anamia and RA

15May2013

Anamia independently predicts joint erosion in RA patients

Anamia is associated with significant increased rates of joint erosion in RA patients

Large prospective cohort study suggested that anamia could be useful predictor for radiological progression

Plant-based diet may help RA patients

16 MAY 2013

Researchers explained that by decreasing exposure to inflammatory components in animal products (they discovered that Neu5Gc (Trojan horse) presents in animal products and linked to cancer breast and joint inflammation)

◎ In most severe form of RA, enzyme activating antibody identified as a marker

25May2013

Researchers found that novel antibodies to PAD4 (Peptidyle arginin deiminase 4) in blood sample from people with aggressive RA

THEY advised that presence of these PAD4, can be used to distinguish those with severe form from those with less aggressive disease.

◎ **EULAR recommendation of RA**

3 JULY 2013

Treatment will started by DMARDS as soon as diagnosis of RA is made with the aim of target remission in each patient.

1st line ; methotrexate with one of other synthetic DMARDS + low dose steroid which should be tapered as soon as possible

2nd line ; if no improvement in 6 month add methotrexate to one of biological DMARDS

Patients who failed to response to one biological DMARDS can choose another one of same group or TOFACITINIB

Eating oily fish could cut your risk of rheumatoid arthritis

August 2013



Eating one portion of fatty fish, such as mackerel or salmon, could cut your risk of developing rheumatoid arthritis by 50%

Gut flora may trigger rheumatoid artheritis

4 nov 2013

Immunologists in New York university stated that gut microbes are important to the development of specific type of immune system. In large study on human, 75% of stool analysis of untreated patient with RA revealed (*Prevotella copri*)

RA and statin :

16 nov 2013

- RA who quit statin may face raised death risk;
- Those who stoped taken statin raised their chance of dying from CVS disease by 60%

Tips for Cooking with Rheumatoid Arthritis

November 19, 2013



New breakthrough jab to ease the agonising symptoms of arthritis

اليوم السابع

"Sarilumab" أمل جديد لعلاج مرضى التهاب المفاصل الروماتويدي

الثلاثاء، 26 نوفمبر 2013 - 00:01

أمل جديد للملايين من مرضى التهاب المفاصل حول العالم، حيث تمكن من تطوير علاج واعد جديد ما زال فى طور الأبحاث، لعلاج مرض التهاب المفاصل الروماتويدي، ويعرف هذا العقار باسم "Sarilumab"، ويعمل عن طريق تثبيط أحد البروتينات الشائعة المسببة للالتهابات ويعرف باسم "interleukin 6".

نشرت هذه النتائج على الموقع الإلكتروني لصحيفة "ديلى ميل" البريطانية فى الثالث والعشرين من نوفمبر الجارى.

مجرد رأى
بقلم : صلاح منتصر

المدخنون أكثر عرضة للإصابة بالروماتويد المفصلي بنسبة الضعف بالمقارنة لغير المدخنين...
وقد ثبت أن مريض الروماتويد إذا استمر في التدخين يتضاعف مرضه وتتعدد استجابته
للعلاج بل تزداد مضاعفات المرض



هذه هي رسالة الأستاذ الدكتور مدحت الشافعي أستاذ أمراض المناعة والروماتيزم بطب
عين شمس



Thank you